



A GRADUATION PARTY THAT ENDED A DREAM

Jason, a Cumberland County high school student, had always been the class cut-up and prankster. He had a great attitude, was everybody's friend, and sometimes got sent to the principal's office for telling jokes and performing comedy routines that disrupted the class with laughter. The principal was as excited as Jason about Jason's pending graduation. Jason planned to become a professional comedian after graduation. Making people laugh was the one thing he loved most.

In the wee hours of the morning after attending a graduation party where he'd had a few drinks, Jason was driving home alone on a lightly traveled rural road. He lost control of his vehicle, ran off the highway, down a steep embankment, and crashed. In addition to his many other injuries, one of Jason's legs was almost severed and was hanging by a tendon. It was dark, and Jason knew that neither he nor his vehicle could be seen from the road. He knew that somehow he would have to get himself up to the roadside if there was any hope that a chance passerby might see him and help him. While holding his injured leg with one hand to keep it from coming off, Jason used his free arm to make the long, grueling climb out of the ravine. He finally made it to the shoulder of the road where he lost consciousness. Fortunately, after some time, a passing motorist spotted him lying beside the road, called 911, and Jason was taken to the hospital. Surgeons reattached his leg, and he began a long and painful road to recovery.

After his recovery, Jason—on crutches and with electrodes that ran from a circuit board in a bag around his waist to his leg to make it move—spoke about his ordeal to the juniors and seniors at his former high school during the Safe Prom and Graduation program. He told the students that the advice to never drink and drive is not just adults "preaching." He said, "**One** bad decision on **one** night cost me my dream."

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Ideas? Questions? Concerns?

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LET'S PARTY RIGHT

After years of early rising, rushing, books, studying, anxiety, exams and broken hearts, *you made it!* Graduating after what probably seemed like an eternity, you will want to celebrate this milestone with a graduation party. Don't let one of the happiest times in your life end like Jason's graduation night.

Graduation parties and their plans are exciting, but the pressures young people face during these celebrations can seriously compromise their ability to make good choices and can put them in unsafe situations. Destructive decisions made under peer pressure can lead to tragedy.

We want all the graduates to have a great time. We also want them to continue progressing in their lives *after* the party. Memorial Day marks the beginning of the "100 Deadliest Days" for traffic crashes involving young people, and sadly, a few party goers will suffer serious injury or death from a traffic crash, alcohol poisoning, drug overdose or another destructive decision. To help prevent these tragedies, an increasing number of schools and communities hold graduation "Lock Ins" or "All Nighters" where the grads stay overnight to eat, dance, play games, participate in various activities, and socialize. Lock Ins



The aftermath of a party where one teen was killed and two were seriously injured in this alcohol related late night crash

are chaperoned, alcohol and drug free events. They give the grads one last fling with their classmates before they all go their different ways. With some schools boasting 98% participation, students obviously prefer the safer environment of the Lock In.

For grads who want to celebrate but prefer not to participate in a Lock In, we offer some tips for staying safe. Share your plans with your parents or guardians. If you don't want to let your parents know where you are going or who you will be with, are you making wise choices?

If you don't want your parents to know where you are going or who you are with, are you making smart choices?

After all, your parents will be the ones contacted by authorities if something goes wrong. Refrain from alcohol, smoking, drugs and sex. Don't drink and drive, and don't get in a car with anyone who has been drinking. Young people under the influence of drugs or alcohol are more likely to be involved in a crash, be involved in other accidents such as falls, burns, alcohol poisoning and drowning, be a victim of date rape or sexual assault, or contract a sexually transmitted infection. Call a parent, guardian or someone you trust in case there is a change of plans or you need help. Always respect yourself and others. Tell family or call 911 if you or someone you know is being abused.

THAT BELT LOOKS GOOD ON YOU



Wearing a seat belt is free, but not wearing it could cost a ticket—or your life. One of the safest choices young people and their passengers can make is to buckle up.

The Governors Highway Safety Program's Click It or Ticket Campaign runs May 20-June 3, 2018.

During the campaign, law enforcement agencies throughout the state will set up check points, and drivers not wearing seatbelts will be ticketed. The



primary purpose of this operation is to reduce the number of deaths and serious injuries that occur when a car crashes and the people inside are not properly restrained.

Data collected by the Department of Transportation during last year's Click It or Ticket campaign showed 8,483 seat belt violations, 220 graduated license violations, and 178 instances of impaired driving by drivers under age 21.

Wearing your seat belt is the best thing you can do to protect yourself from serious or fatal injury in a crash. Both the lap and shoulder belt must be worn, even if the vehicle has an automatic shoulder belt or air bag. The belt must also be worn correctly. It cannot be behind your back or under your arm. The driver, front seat passengers and back seat passengers 16 and older must wear seat belts. Drivers are responsible for themselves and all passengers younger than 16. According to the NC Department of Public Safety, a seat belt ticket for a driver is \$25.50 plus \$153.50 in court costs. Passengers 16 and older are responsible for their own violations.

Children 8-16 years old must be secured in a child restraint system, which is a car seat, booster seat or seat belt. Children under eight who weigh less than 80 pounds must be in a car seat or booster seat. Unless your child restraint system is designed to work with airbags, children must be secured in the back seat. For more on child restraints, see [Child Safety](#).

GET'N SMART ABOUT TEEN PREGNANCY

Teen pregnancy rates have declined by more than half since 1990. Twenty-five percent of this decline is attributed to more teens remaining abstinent, and the remainder to teens using effective birth control



methods. Although the teen pregnancy rate has not been as high as it was in 1990, the rate was even higher in 1957, when abstinence was the only effective method of birth control.

Although our teen pregnancy rates have declined significantly, they are still higher than those of any other industrialized country, and the southern states



have the highest teen pregnancy rates in the nation. The majority of teen pregnancies occur among 18-19 year-olds, and approximately 30% of teen pregnancies involve minors. Continuing to reduce incidences of teen pregnancy will benefit the teen, the child, and the community.

Teen pregnancy has been found to be connected to poverty, dropout and low graduation rates, increased reliance on social services, less higher education, reduced earning potential, child abuse, and domestic violence. Only about 50% of teen mothers receive a high school diploma by age 22, compared to 90% of women who do not have a child during their teenage years. Because teen mothers often



don't finish high school, their chances of having a successful career are diminished.

Unfortunately, the children of teens are more likely to have lower school achievement, drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teen-ager, and face unemployment as a young adult. This does not, however, mean that all children of teen mothers are doomed by their circumstances. With strong support, and often with much sacrifice on the part of the parents, the children of teens can achieve and excel.

Teen pregnancy costs NC taxpayers over \$325,000,000 every year.

Teen pregnancy also affects the larger community, and costs North Carolina taxpayers more than \$325 million each year. Less than 1/3 of teen mothers receive any form of child support, which increases the chances that they will have to depend on the government for assistance. Eighty percent of unmarried teen mothers receive public assistance. Less educated citizens and unskilled workers have a negative effect on the economy, making it difficult for communities to break the cycles of poverty and crime.

Some teenagers don't have the environment, role models, value systems or comprehensive sex education that would aid in preventing early sexual activity that could result in pregnancy. Be sure to incorporate pregnancy prevention into your projects and activities during the year; not just in May, and not just for girls. Teens, the best time to think about how you will handle tough decisions about sex is *before* you have to make

them. Research shows that 60% of boys and 77% of girls wish that they had waited before becoming sexually active. Take the [Teen Pregnancy Quiz](#) and see how good you are at making smart choices.

(Sources: NC Youth Connected; Centers for Disease Control; Stay Teen; Guttmacher Institute; Teen Help; Pew Research Center; US Dept. of Health and Human Services)

WE GOTTA GET SOME SLEEP



Cannon School SADD in Concord (Cabarrus County) recently held a Sleep Awareness activity. The entire school, junior kindergarten through 12th grade, was

invited to join SADD for Pajama Day. Sleep is especially important for children, because it directly affects their mental and physical development. Inadequate sleep can lead to mood swings, behavioral problems such as ADHD, and cognitive problems that affect their ability to learn in school. Statistics and information about the importance of sleep were included in the school's morning announcements, and the club coordinated with the cafeteria to offer "Breakfast for Lunch." The SADD members spent time visiting and interacting with the younger students for Junior Kindergarten-Senior Buddies.

What a great idea. Many thanks to advisor **Anne Hoffman** for her support of the students. Cannon's SADD chapter is called EMPOWER! **Go Cougars!**



Top Left: **Ally Dressler** and **Carlee Caldwell** with Junior Kindergarten Buddies; Bottom Left: **Maya Campbell** with Junior Kindergarten Buddies; Right: **Will Carey** rocks his PJ style.

GENERATION SMOKE FREE



Parkton School SADD in Parkton (Robeson County) held a Be the First anti-smoking campaign. The campaign is promoted through CVS drugstores to encourage students

to make theirs the first tobacco-free generation. SADD members had students sign a pledge banner to never smoke, and if they already smoke, to quit for one day.

Advisor **Christine Bius** said, “The SADD members each memorized a fact about smoking and told it to students who signed the banner. A lot of our younger students really liked hearing from the middle school students.”

Congratulations Parkton SADD. What a great example of middle school students mentoring elementary students. **Go Bruins!**



Top: Parkton School SADD members invite students to sign the yellow pledge banner. Bottom: Parkton SADD Chapter

The Parkton Fantastic Four

Ms. Bius explained how the SADD chapter started at the school: “Three years ago, **Kamrey Raynor, Tolonna McNair, Charmisiah Johnson** and **Paris Melvin** came to me and expressed that they wanted to make a difference at the school. Over the past three years, these young ladies have organized a play about bullying and two kindness campaigns. They’ve done anti smoking, safe driving, and healthy eating campaigns. They also ran a food drive. Their desire to make a difference is the reason we have a SADD Club at Parkton School.”

To the Parkton SADD Founding Four: You have indeed made a difference. Your efforts have certainly been a positive influence on the students at your school and caused someone to change their behavior for better. You are honors to your school and your parents, as are all SADD members. Keep up the good work, and continue in SADD when you get to high school.



Parkton SADD Founders

Left to Right
Kamrey Raynor
Tolonna McNair
Charnisiah Johnson
and Paris Melvin

LOOKING TOWARD THE FUTURE



Richlands High School SADD in Richlands (Onslow County) held a Red Ribbon Campaign with the theme, “Your Future Is Key, So Stay Drug Free.”

The students decorated the school with posters, including drug free messages on the fences surrounding the campus. They set up an area in the cafeteria for students to sign the Drug Free Pledge during their lunch periods all week. Contests and giveaways ensured that the students had fun while gaining awareness of the consequences of substance use.


The National Red Ribbon Campaign was founded in honor of undercover Drug Enforcement Administration Field Agent Kiki Camarena, who was abducted, tortured and murdered while on assignment in Mexico in 1985. He had provided intelligence that resulted in the destruction of an \$8 billion a year marijuana plantation.

Advisor **Joyce Leonard** said they were also organizing events for prom safety that would include having students sign pledges to make good choices during prom events. Excellent project. **Go Wildcats!**



Posters around the campus instruct students to live drug free.

HELPING OTHERS LIVE

 Southwest Onslow High School SADD recently hosted a Stallion Relay for Life fundraiser for the American Cancer Society. Approximately 525 students and staff gave donations to participate in the relay that was held during the last hour of the day. SADD members designed and posted banners and fliers throughout the school. They made daily announcements, collected donations, and filled relay ticket orders for teachers.

On the day of the event, the members collected admission tickets at the gate and operated a concession stand. Southwest SADD raised \$1,350 from the relay and concessions. They presented a check for that amount to the Onslow County Relay for Life held in Jacksonville. Several SADD members also participated in the county Relay for Life event. SADD advisor **Diane Dail** said, "Our chapter was happy to be able to help with this community event for those in need."


Thanks for your show of humanity, Southwest.

Go Stallions!



Southwest SADD takes a break after a job well done. Cherish Matson, SADD Student of the Year, is back row, fourth from left.

BETTER SAFE (AND SOBER) THAN SORRY

 North Stokes High School SADD in Danbury (Stokes County) teamed up with Daggett Shuler Attorneys for Safe and Sober Prom Night. The program promotes awareness about the dangers of drugs and alcohol, especially around prom time. Advisor **Bobbi Walsh** said, "We had students sign pledge cards promising to make good choices and remain alcohol and drug free on prom night. We had 100% participation!" Daggett and Shuler supplied Safe and Sober tee shirts for all the juniors and seniors. SADD members and representatives

from the National Guard, who helped sponsor the program, distributed the shirts to the students. After a successful project, the SADD chapter, Daggett Shuler, and the National Guard team were treated to a special lasagna lunch together.

Many thanks to Daggett and Shuler for their continued efforts to curb underage drinking and drug use. We thank the National Guard for sponsoring and volunteering to help with the project. You can learn more about Safe and Sober Prom Night [here](#). **Go Vikings!**



SADD members staff the pledge signing booth.



"Get your Safe and Sober tees here!"



SADD members Joshua McQuinn (left) and Jacob McGee having a little fun with teacher Mrs. Shore while handing out Safe and Sober Prom Night shirts.

NUMERO UNO IN BEST PRACTICE



In March, members of **West Johnston High School SADD** in Benson (Johnston County) presented their best practice activity—the annual mock car crash—and won 1st Place in the county for the Johnston County Teen Driving program. The students set up a display and described the project to an audience consisting of county departments—commissioners, fire departments, police departments and the Board of Education. The award and a \$500 scholarship were presented to the chapter at the school in April.

Congratulations guys! Your hard work paid off.



West J SADD with the winning presentation
SADD Student Advisory Board member
Gavin Brundidge is on the far left.



SADD advisor Amanda Fisher (*2nd from left*), SADD members and principal Jennifer Swartz (*far right*) with scholarship check presented by Teen Driving Board members Blinson (*far left*) and Stephenson (*back row, far right*).

West Johnston held their crash simulation in April just before prom. SADD students planned assemblies and brought in speakers during the week. The crash depicted students who lost their lives because of distracted driving. Advisor Amanda Fisher said, “The

spectators were extremely moved. They said it really made them think, because they could see this happening to their friends and not just to strangers. One of the students who was involved in the mock crash was so emotional after getting a glimpse of her best friend ‘dying,’ she wasn’t able to speak for a while. She finally said, ‘Nothing is worth that.’ “

NC SADD offers gratitude to the Johnston County Local 50-210 fire department, emergency medical services and police departments that volunteered their time and resources to assist with the project.



West J SADD poses with the actors (including a parent), fire department, EMS, and police department volunteers.

West Johnston SADD participated in Rising Ninth Grade Night in April. On this night, club members set up displays and talk to students and their parents about joining when the students enter high school. The members did an excellent job of promoting the SADD program. We hope to see the fruits of their efforts next school term.



Student Advisory Board members Nich Wilson (*left*) and Landry Connors proudly display their 2017-2018 Chapter of the Year trophy on Rising Ninth Grade Night.

THROWING A LIFELINE

At West Johnston High School, students were coming to the SADD advisor and members asking how to help students who are uncomfortable speaking with adults on different issues. The group brainstormed and came up with the idea for a help hotline flyer. Advisor Fisher said, "We created our own Help Hotline Flyer to put up in the school bathrooms for students who want to get help but may be too shy to speak to an adult or friend about what they are going through. Our School Improvement team approved the flyers in March, and we printed, laminated, and put them on the back of every bathroom stall at our school. Hopefully the students will take advantage of our helplines!"

This flyer would be a helpful resource for all our chapters. You can make your own and add your own school information at the bottom. You may never know whose life you save. Great work all around, West J. **Go Wildcats!**



HELP HOTLINES



**NATIONAL SUICIDE
PREVENTION HOTLINE**
1-800-273-8255



**NATIONAL DOMESTIC
VIOLENCE HOTLINE**
1-800-799-7233



**AMERICAN
PREGNANCY HELPLINE**
1-866-942-6466



DRUG ABUSE HOTLINE
1-877-978-2049



**LGBTQ NATIONAL
YOUTH TALKLINE**
1-800-2460-7743



WJHS PEER TUTORING
<http://bit.ly/2oKtJjx>

**WJHS
COUNSELOR
CONTACTS**

919-934-7333 Ext. 5912 (Creese)
5913 (Blue)
5914 (Sheats)
5925 (Moynihan)

PITT COUNTY SADD SUMMIT



The Pitt County SADD Summit was a resounding success. The Summit took place at the East Carolina Heart Institute in Greenville. There were 160 attendees representing Pitt, Perquimans, Chowan, Nash and Bertie counties. Twenty schools were represented.

Speakers included Darryl Rogers, who lost his son in a drug related car crash; Dana Brown, author of *Desperate for a Fix: If You Only Knew How One Good Decision Could Change Your Life*; and Alpha Sigma Phi Fraternity of East Carolina University. The fraternity works to prevent opioid use.



Top: Darryl Rogers of Cary

Center: Students participate in a bullying prevention workshop

Bottom: Gentlemen of Alpha Sigma Phi



A NEW COLLEGE CHAPTER

NC SADD welcomes **Western Carolina University** in Cullowhee (Jackson County) to our family. Student Andrew “Drew” McCallum worked tirelessly to get the chapter set up, and the chapter boasts a founding group of 11 people.

In college, away from the immediate influence of parents and eager to try new things, many students make destructive decisions. Binge drinking and other substance misuse have become major concerns. Starting out in college produces some natural social anxiety for many students. The temptation to drink is strong, because college students may feel that alcohol makes socializing easier. Not all college students immediately start binge drinking and doing drugs, but routinely drinking and using to have more fun leads many students toward addiction.

Binge drinking on college campuses is steadily rising, leading to more cases of alcoholism, traffic crashes, alcohol poisoning, and destructive decisions. Heavy drinking can have a negative effect on a student’s academic life. Because of the culture on college campuses, students may think this behavior is completely normal, and many students don’t realize what is a “normal” amount to drink, or how often.

The abuse of opioids and other substances has become more prevalent on colleges campuses. Often, when students develop an addiction, they are stigmatized or considered disgraceful. They may be suspended or receive some other punishment, which may include criminal charges. This can lead to the student dropping out, with their addiction becoming worse.

Through the awareness that SADD brings, we want to work toward a college culture where substances are not misused. We look forward to a successful relationship with WCU, and we offer kudos to Drew for being proactive.

Go Catamounts!

August 2017

Back to School ? Annual Chapter Registration & Renewal Online

September 2017

10-16 National Suicide Prevention Week

October 2017

- 1 NRSF Driving 101 Contest Opens
- 15 - 21 National Teen Driver Safety Week
- 15 - 21 Rock the Belt
- 23 - 31 Red Ribbon Week
- 27 SADD SPEAKS Applications Due

November 2017

Wipe Out Smoking Month

- 10 EndDD PSA and Meme Contest Opens
- 16 Great American Smokeout
- 21 SPEAKS Class of 2018 Announced

December 2017

3D Prevention Month

January 2018

- 12 NRSF Driving 101 Contest Deadline
- 15 - 20 No Name Calling Week
- 22 - 28 National Drug & Alcohol Facts Week

February 2018

Teen Dating Violence Awareness Month

- 5 - 9 SADD Shines Week
- 12 EndDD PSA and Meme Contest Deadline
- 2/26 - 3/4 National Eating Disorder Awareness Week

March 2018

- TBD SADD SPEAKS
- 18 - 24 National Inhalants & Poison Awareness Week
- 19 - 23 National Youth Violence Prevention Week
- 21 National Kick Butts Day

April 2018

Alcohol Awareness Month ? Distracted Driving Awareness Month

- 16 Is It Worth the Risk? SADD Strong

May 2018

Global Youth Traffic Safety Month ? Mental Health Awareness Month
National Click It or Ticket Mobilization

- 13 - 19 National Prevention Week
- 14 - 18 Rock the Belt - SADD Strong
- 28 Memorial Day - Start of "100 Deadliest Days"

June 2018

National Safety Month ? National Click It or Ticket Mobilization

- 24 - 27 SADD National Conference

